

## A MINUTE OF HEALTH WITH CDC

## Pregnancy Planning

Revised Recommendations for the Use of Contraceptives Methods During the Postpartum Period

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Some women dream of having a large family with a house full of children, but getting pregnant again soon after giving birth can be risky for both the expectant mother and her unborn child. Short birth intervals pose an increased risk for preterm deliveries and low birth weight. While contraceptives are the most effective way to prevent an unintended pregnancy, not all forms of birth control are safe for use immediately after having a baby. Women who have just given birth should consult with their health care provider about the safest and most effective form of birth control for their situation.

Thank you for joining us on A Minute of Health with CDC.

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